

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717

Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM

Closed Monday, November 11th for Veterans Day

Closed Thursday and Friday November 28th and 29th for Thanksgiving

Telephone: 508-763-9557 / Fax: 508-763-9084 Email: Freetowncoa@aol.com

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by a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve the seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

SHINE

(Serving Health Information Needs of Elders)

Dick Kelley, our SHINE counselor will be here on Mondays, November 4th, 18th & 25th and Tuesday November 12th at 1:00 PM to help seniors with their insurance questions. You must call the COA for an appointment.

Freetown Senior Birthday Party

Thursday, November 14th at 12:00 PM,
Swiss Chicken, catered by Cyd's Creative Kitchen
RSVP and \$4.00 due by Thursday, November 7th

Cyd's Luncheons

Tuesday, November 5th at 11:30 AM, Chow Mein,
RSVP by October 31st \$5.00 PP

Tuesday, November 19th at 11:30 AM, Turkey,
RSVP by November 12th \$5.00 PP

Tuesday, December 3rd at 11:30 AM, Pot Roast,
RSVP by November 26th, \$6.00 PP

Senior Tax Work Off Program

If there is anyone that is interested in working in this program, please call the COA. Seniors work approximately 100 hours yearly in different town departments and the school. You can receive up to \$750 off your real estate tax bill. Your application must be returned by November 15th. **Please be aware of the guidelines which have changed:**

Number in Family: 1 Person 2 People 3 People
Income: \$36,050 \$41,200 \$46,350

Coffee & Muffins

Mondays at 10:00 AM

Come on in and have a cup of coffee with fresh muffins and meet other people from town

Senator and Representative Annual Holiday Party

On Friday, December 6th at 12:00 PM, Senator Rodrigues, Representatives Paul Schmid and Carole Fiola will have their annual luncheon at the VFW Post 6643, 89 Middleboro Road, Freetown for the seniors of Freetown. Please call the COA by November 27th to reserve your seat. Seating is limited.

Calvary Pentecostal Church Luncheon

On Friday, November 22nd at 12:00 PM, there will be a Turkey Dinner for seniors from Freetown at Calvary Pentecostal Church, 33 Braley Road, East Freetown. Please call the COA by Thursday, November 14th to reserve your spot.

Hot Thanksgiving Turkey Dinners

The Veterans Transitional Home is donating Thanksgiving dinners for seniors of Freetown on Thanksgiving Day, November 28th. Please call the COA if you wish to receive a hot meal delivered to your home or if you know of anyone who may need a meal. Please RSVP by Thursday November 21st

New Scam!

Phishing scams are a well-known form of scams. Someone calls pretending to want to help you. Ignore calls from "Microsoft" to fix errors coming from your computer. The caller "works for Microsoft to resolve issues" and ask respondents to log on to correct problems. **This is a scam!** Do not follow their directions or advice and provide NO information to them. Just hang up.

Submitted by Elder Affairs.

Blood Pressure Clinic

Wednesday, November 27th at 10:30 AM

Parkinson's Support Group

The next monthly meeting will be Thursday November 14th at 1:00 PM at Dartmouth COA, 628 Dartmouth St, So. Dartmouth, MA., speaker: Crista Medeiros, Community Nurse with "Tips on Navigating Health Care". Please call Judy Medeiros for any questions at 508-997-0907. Please join us!

Submitted by Judy Medeiros

Senator and Representative

Senator Michael Rodrigues will be here Friday, November 22nd from 9:00 AM to 10:30 AM
Representative Paul Schmid will be here Monday, November 4th from 10:30 AM to 11:30 AM
Representative Carole Fiola will be here Monday, November 4th from 9:30 AM to 10:30 AM

Pool Table

Mondays at 9:00 AM, the pool room is free most days. Call for availability!

Card Games

Mondays, 1:00 PM to 3:00 PM

Pitch

Mondays, 1:00 PM to 3:00 PM
New players welcome!

Seated Massage

Monday, November 18th, 10:00 AM to 12:00 PM
You must call for an appointment

BINGO

Tuesdays from 12:45 PM to 3:00 PM, the license for Bingo requires that you be at least 60 years old to play.

Computer Class

Wednesdays, 9:00 AM to 12:00 PM
3 hour class with a \$10.00 donation
Please call the Senior Center for further information

Painting Class

Wednesdays, 9:00 AM to 11:00 AM

Line Dancing

Wednesdays at 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Chair Yoga

First class is free for you to come in and try this program... **Wednesdays, 11:30 AM to 12:30 PM**
Three week session for the month of November is \$12.00. If you plan on taking this class, please call the senior center and pre-register first. If anyone is interested for another day or time, please let us know.

No Yoga class November 27th

The Freetown Senior Club

November 7th, 1:00 PM-Wellness Presentation by Mary Ann Mont from New Bedford Rehab. & November 21st, 1:00 PM-Turkey Raffle & Trivia games. If any questions please call Grace at 508-763-4540.

Don't wait until it's too late!

Medicare open enrollment is:

October 15-December 7

Medicare plans change every year. This is the time to choose your coverage for 2014...

Free Medicare Counseling is available from SHINE
Call your senior center now or dial 1-800-243-4636

Submitted by SHINE Regional Director

A.F.E.P. Exercise Program

Thursdays, 9:00 AM to 10:00 AM

Arthritis Foundation Exercise Program-Low impact, joint-safe exercise program. \$4.00 per class, led by Arthritis Foundation instructor Wendy Moore

No exercise November 14th and 28th

"Brown Bag" Program

Pick up day will be Wednesday, November 27th from 10:30AM to 12:00 PM at the front of the building

Please note that Brown Bag will be on December 11th next month!

"**Brown Bag**" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance, and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person \$1,723 per month

2 people \$2,333 per month

3 people \$2,944 per month

4 people \$3,554 per month

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

ESTATE PLANNING & MASSACHUSETTS HEALTH LEGAL ADVICE

Attorney Robert Youngberg will be here on Tuesday, November 26th at 9:00 AM to answer your questions on Wills, Trusts and Massachusetts Health issues. Call the COA to set up your free 20 minute appointment.

Scrabble

Thursdays at 12:30 PM

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM,

This is a wonderful program for seniors. If you plan on coming, please call by the Thursday before so Kathy Kanakis will stop by.

OPENINGS FOR SENIOR AIDES

Job training program that helps people over 55 years old receive employment. Participants receive a stipend for 20 hours a week at \$8.00 an hour for their community service, as they search for unsubsidized employment. If you would like to participate please contact the Senior Aide Program at Citizens for Citizens, Inc., 508-679-0041, Ext 217.

Senior Aide Program

- **Brief Program Description:** Senior employment is a training program for elders to be placed back into the work force. Seniors in Bristol County, Norfolk County and Plymouth County are served by this program.
 - **Eligibility:** Must be age 55 or older and meet income guidelines.
 - **Documentation Needed:** Proof of income.
 - **Application Process:** Interested parties should contact the Fall River office.
 - **Criteria for Selection:** Those who meet income guidelines will be considered first.
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USDA CAN HELP REPAIR YOUR HOME RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→504 GRANTS

- Applicant must live in an eligible town
 - Applicant must be 62 years of age or older
 - Applicant must own and occupy a modest dwelling
 - Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
 - The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.
- A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→504 LOANS

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1	\$25,600	2	\$29,250
3	\$32,900	4	\$36,600

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 24 hour notice for the van.

VAN SCHEDULING

In order to be more efficient with the van, when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE

PODIATRIST

The Foot Doctor will be here on Thursday, November 14th at 9:30 AM. You must call Dr. Markowitz to make an appointment at 401-455-3554

Dan Leblanc, Veteran's Agent

Please give me a call at 774-930-4392. I work Monday thru Friday, 9:00 AM to 4:00 PM for you!

If you are depressed, you are living in the past.

If you are anxious, you are living in the future.

If you are at peace, you are living in the present.

Submitted by Gert Singleton

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717
ADDRESS SERVICE REQUESTED

STAFF AND BOARD MEMBERS:
Barbara Lafleur, Director
Rosemary Haley, Senior Clerk, Editor
COA Board:
Charles Gray - Chair Person
Robert Martel - Vice Chair Person
Mary Baumgartner - Secretary
Edward Medeiros
Jeannette Tisdelle
Marion Rylands
Van Drivers:
Judy Reese
Vincent D'Olivera
John E. Pye, Jr.

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
ROCHESTER, MA 02770

Fuel Assistance

New applicants please call the COA to make an appointment. For repeat applications, **please call the COA** when you receive your application.

<u># of people</u>	<u>UP TO:</u>
1	\$32,065
2	\$41,932
3	\$51,798
4	\$61,664

****GOLD**SILVER**PLATINUM****

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on November 14th from 11:00 AM to 2:00 PM. Anyone can attend. It's a great opportunity to turn your old, broken and unwanted gold, silver or platinum jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

DIRECTORS NOTE

Thank you Harpoon Harmonizers for singing at our senior center.

We are looking for volunteers with trucks to meet at the senior center the 4th Wednesday of the month at 7:45 AM. You will follow other drivers to Taunton to pick up our Brown bags from the Boston Food Bank. We have 122 families on this program some months they receive 3 bags each free! Needed on that day are volunteers to help carry out bags to seniors cars (10:30 AM). Please call the COA if you can be of any help.

Thank you to the people who are currently stepping up to the plate at the senior center.
Special thanks to Dave Brown, Paul Sadeck, Lee and Mary Bamgartner, Victor Samoli, John Gagne, Paul Ouimet and James Maciel who have graciously volunteered.

Thank you also to all who have been showing up faithfully for Brown Bag; Janice Boehler, Janice and Ralph Gurney, Paula Lecuyer, Clarence Dearden, Rolf Kristofferson, Sven Kristofferson, Lillian Poirier, Charles Gray, Ruth Gagne, George Martin and Victoria Brownell. We couldn't do it without you.